

ABSTRACT OF THE DISCLOSURE

This invention relates to a process for preparing cereal grain having increased dietary fiber and/or resistant starch content and the process tolerant grain prepared thereby. Further, this invention provides high amylose 5 grain with unusually high dietary fiber and resistant starch content. In particular, this invention involves the preparation of the improved grain by a combination of moisture and temperature conditions and further to use of the grain in the preparation of products containing starch.

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